



# The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

## Build a Healthy Pantry

Healthy grocery shopping can be a struggle when you just don't know what to buy. Use this list to stock your pantry with the absolute essentials so that you'll always be ready! Use the recipes on the back to get you started working with your new pantry. All of the recipes require **only** the ingredients on this shopping list.



### Refrigerator

- Lemons
- Garlic
- Onions
- Potatoes
- Carrots
- Frozen fruits and vegetables (i.e., broccoli, peas, corn)
- Parmesan cheese
- Eggs
- Yogurt
- Lettuce



### Spices

- Salt
- Pepper (we prefer cracked pepper)
- Oregano
- Cumin
- Paprika
- Thyme
- Chili Powder

### Dry Goods

- Flour (whole wheat)
- Brown rice
- Whole wheat bread
- Whole wheat pasta
- Olive oil
- Mustard
- Worcestershire
- Vinegars (some of our favorites are red and white wine and cider)
- Honey
- Tomato products (such as diced tomato, tomato paste, tomato sauce)
- Low sodium canned beans (white beans, black beans, kidney beans, pinto beans, black eyed peas, garbanzo beans, etc.)
- Low sodium vegetable or chicken stock



One Pot Bean Chili      Servings: 10      Serving Size: 1 cup

Ingredients:

2 (15 oz) cans	Low sodium beans (pinto, black, kidney, red, etc.), not drained
1 (15 oz) can	Tomatoes, diced, low sodium
1 cup	Vegetable or Chicken Stock (look for low sodium, or make your own at home)
2 tbsp	Chili powder
2 tbsp	Cumin, ground
½ each	Onion, diced
1 each	Bell peppers, diced
1-2 each	Carrots, diced
2 tsp	Oregano, dried
2 cups	Corn, frozen

Method of Preparation:

1. Mix all ingredients in a suitable sized saucepan or kettle. Mix well.
2. Bring to a simmer over medium heat.
3. Stir often, keeping on a simmer, for 15 minutes to 1 hour to meld flavors.
4. Serve immediately, or cool and then reheat.

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Parmesan Pasta with White Beans      Servings: 4      Serving size: 1/4 of recipe

Ingredients

8 oz	Whole grain penne, bowtie, or other Pasta
1 cup	Reserved pasta water
1 tbsp	Olive oil
2-3 cloves	Garlic, minced
1/2 cup	Dry white wine, such as Pinot Grigio
¼ tsp	Dried thyme
1 (15 oz) can	White beans (such as cannellini), drained and rinsed
½ each	Lemon, juiced
½ tsp	Kosher salt
To taste	Black pepper
4 tbsp	Parmesan cheese, grated

Method of Preparation:

1. Gather all the ingredients and equipment.
2. In a large pot, bring 3 quarts of water to a boil. Once the water is boiling, add pasta. Cook until al dente and remove with a slotted spoon. RESERVE 1 CUP OF PASTA WATER.
3. In a large sauté pan, heat the olive oil over medium-low heat. Once hot, add the garlic, stirring constantly. If garlic is getting very dark, turn heat down. Cook for about 1 minute until garlic is golden brown.
4. Add the white wine, scraping up all the garlic bits off the bottom.
5. Toss in the white beans, lemon juice, salt, pepper and pasta. Stir until ingredients are heated through. Add pasta water as needed to make sauce a little creamy.
6. Toss in the parmesan cheese at the end, just before serving, and enjoy!

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Simple Hummus      Servings: 4      Serving size: ½ cup

Ingredients:

1-2 cloves	Garlic, fresh
1 (15 oz) can	Garbanzo beans, drained and rinsed
1 each	Lemon, juiced
¼ cup	Water
¾ Teaspoon	Salt
½ Teaspoon	Pepper
to taste	Hot sauce (optional)
¼ Cup	Olive oil

Method of Preparation

1. Gather all the ingredients and equipment.
2. Blend all ingredients in a food processor or blender until smooth.
3. Refrigerate after making.